

Thursday July 10th (Note: Both Plenary Sessions will be recorded and available to attendees for 1 month post symposium)

7.00 – 8.00	Registration in the Atrium					
8.00 – 8.30	Welcome – Melody Hrubes, MD, PAMA President; Serap Bastepe-Gray, MD; Emily Scherb, DPT (PAMA Symposium Co-chairs); Johns Hopkins University					
8.30 – 9.30	LEDERMAN LECTURER – Dr. Ram Ramachandran, Director of Johns Hopkins Education and Research Center for Occupational Safety and Health					
9.30 – 10.00	COFFEE/TEA Mixer					
10.00 – 11.00	PLENARY 1 – MUSIC/ GENERAL	PLENARY 2 - DANCE	WORKSHOP - GENERAL	WORKSHOP - MUSIC	WORKSHOP - GENERAL	
10.00 – 10.15	Understanding musicians' perspectives about their unique primary healthcare needs, and the healthcare services available to them in Canada – Kat Cottrell, MBBS	Medical and Rehabilitation Management of Postural Orthostatic Tachycardia Syndrome (POTS) in Dancers – Emma Faulkner, DPT; Amanda Blackmon, PT; Rosa Pasculli, MD; Courtney Gleason, MD	Health Literacy: Providing performers with a toolbox of skills to help incorporate more health and wellness and reach their artistic potential – Leslie Bickle, BMus	Pelvic Floor Considerations for Wind Instrumentalists. Understanding the Relationship Between your Breath, Diaphragm, and Pelvic Floor – Anna Saunders, PT, DPT, OCS; Brooke Winder, PT, DPT, OCS; Janice Ying, PT, DPT, OCS	Band Camp & Beyond: Unique Physical Demands of Marching Arts Athletes – Deborah Seeley, DPT; Janet Konecne, DPT; Edmer Lazaro, DPT	
10.15 – 10.30	Assessing Health Literacy, Musician Health, and Behavioral Intention Among Secondary Music Educators In Texas Public Schools – Meghan Taylor, PhD	Sex hormones influence on pain and hypermobility spectrum disorders through the lens of two non-binary performing artists – Amanda Greene, DPT; Keelin Godsey, DPT				
10.30 – 10.45	The neurodivergent musician: A ThinkTank project – Anna Détári, PhD; Georgia Dawson	Performance Optimization throughout the Menstrual Cycle – Ella Otto, ATC; Lauren McIntyre, AT/ATC				
10.45 – 11.00	Understanding Musician Identity - Foundations, Challenges, and Mental Health Implications – Nabeel Zuhdi, PhD	Practical Considerations for Implementing Periodization in Dance – Erika Mayall, MPT				
11.10 – 12.10	Panel Presentation: Occupational Health and Medicine					
12.10 – 13.15	Lunch on your own. Committee meetings TBA					
13.15 – 13.45	Alice G. Brandfonbrener Young Investigator Award Winner Presentation: Cellists' Performing Arts Health Awareness and Occupational Health Problems: An epidemiological survey and analysis – Elaine Whitmire, DMA, MM, BM					
13.45 – 14.45	PLENARY 1 – MUSIC	PLENARY 2 - DANCE	WORKSHOP - GENERAL	WORKSHOP - MUSIC	WORKSHOP - DANCE	POSTER PARADE
13.45 – 14.00	Tooth Tunes: A Trumpet Player's Painful Predicament – Francis DeAsis, DO; Yein Lee, DO	Facilitating Translational Research in Dance: Defining What We Do and Why We Do It? Wendy Timmons, PhD	FRAME: A Model of Care for Artists – Rachel Graves, OTR/L; Martha Paterson, OTR/L	A Healthy Sustainable Career in Music – How the Workplace can Support Occupational Health – Claire Cordeaux, BA; Finola Ryan, MBBS	Igniting the Groove: Essential Warm-Up for House Dancers – Edwin Jung, DPT	SESSION 1 Listen to 3 minute talks from our poster authors
14.00 – 14.15	Surface Electromyography Measures of Abdominal and	Addressing Healthcare Gaps and Cultural Barriers in Dancer				

	Shoulder Girdle Muscle Activity in Professional Trumpet Players – Alexandra Türk-Espitalier, PhD	Health and Well-Being – Rosa Pasculli, MD; Courtney Gleason, MD; Amanda Blackmon, PT; Emma Faulkner, DPT				
14.15 – 14.30	Exploring the Relationship Between TMJ Disorders, Posture, and Pain in Woodwind Musicians – Yeliz Gülce Tanımlı, PT	Efficacy of Shockwave Therapy in the Management of Injuries in Ballet and Professional Dancers: A Systematic Review – Margarida Mota Freitas, MD				
14.30 – 14.45	Characterizing lower lip force exposures during alto saxophone playing – Nikolai Klotchkov, MM; Bailey Liu; Nabeel Zuhdi, PhD; Serap Bastepe-Gray, MD	From Incident to Stage: Comprehensive Post-Concussion Rehabilitation in a Modern Dancer - A Case Report – Sheyi Ojofeitimi, PT				
15.00 – 16.00	PLENARY 1 – MENTAL HEALTH	PLENARY 2 – MUSIC		WORKSHOP - MUSIC	WORKSHOP - VOCAL	POSTERS
15.00 – 15.15	Musicians' Mental Health: Scoping Review and Multidisciplinary Perspectives – Giulia Ripani, PhD	A Symphony of Good Sense: Guidelines for Physiotherapists who are New to Working with Orchestral Musicians – Sarah Upjohn, EdD, MA		Dynamic ultrasound as a powerful tool for musicians' clinical evaluation and treatment: a practical overview and interactive approach – Ana Zão, MD	Empowered Performance From The Core: Practical Techniques to Optimize Breathing and Posture – Pamela Mikkelsen, DPT; Sean Stanton, MM	SESSION 1 Please visit our poster room
15.15 – 15.30	Beyond the Score: The Moonlight Sonata Reimagined through Sound and Movement – Raluca Matei, PhD, with guest artists Kelly Hirina and Micah Shapiro (dancers), and Ji Liu (recorded piano)	Understanding the role of self-management in musicians with playing-related musculoskeletal disorders. A mixed methods multiphase study – Noudy Eleryan, MSc				
15.30 – 15.45	Prevalence and risk factors of Music Performance Anxiety in classical music students – Janine Stubbe, PhD	Professional music performers' thoughts about life post-retirement – Jane Ginsborg PhD				
15.45 – 16.00	Pain, Performance Anxiety, and Stress-Producing Life Events among Orchestral Players in Brazil: an observational study – Frederico Barreto Kochem, PT					
16.00 – 16.30	COFFEE/TEA and NETWORKING					
16.30 – 18.00	PLENARY 1 – DANCE	PLENARY 2 – MUSIC	WORKSHOP - GENERAL	WORKSHOP - MUSIC	WORKSHOP - GENERAL	POSTERS



43RD Annual PAMA International Symposium – Washington, DC

Updated June 12, 2025

16.30 – 16.45	Assessment of Overload Changes and Foot Deformities Among Dancers: A Podiatric and Pedobarographic Analysis – Adrianna Banio-Krajnik, PhD	Performance Anxiety and Quality of Life Among Slum-Based Music Students in Brazil – Débora Cristina Lima da Silva, PhD; Frederico Barreto Kochem, PhD	Group Interventions for Performing Artists: Collective Approaches to Managing Performance Anxiety and Enhancing Well-Being – Matthew Tomatz, MA	Unlocking Jaw Health: The Basics to Evaluating and Treating TMD for Brass and Woodwind Musicians – David Mueller, DPT; Sofie Besser, AT/ATC, DPT; Andrea Lasner, DPT	From Symphony to Cacaphony and Back- Concussion Treatment in the Performing Arts – Steve Rock, MD; Adam Susmarski, DO	SESSION 1 Please visit our poster room	
16.45 – 17.00	The pros and cons of using motion capture technology in screening dancers – Maeve Talbot, DPT; Anna Fiore, DPT	A Scoping Review of Music Performance Anxiety Interventions: Intervention Design and Delivery – Naoko Sakata, PhD					
17.00 – 17.15	Mapping Sound to Movement to Create a Novel Retraining Method for Dancers – Teal Darkenwald, MFA	Aphantasia, Mind's Eye Blindness, and Implications for Mental Practicing and Audiation – Neesa Sunar, MSW					
17.15 – 17.30	Embracing Arts in Non-Traditional Spaces: Promoting Individual and Community Well-Being Through Creative Expression – Shravani Rama, MBBS	A Methodological Framework for Development of Prevention Education - Karolina Sawicka, MA, PhD					
17.30 – 17.45	Freelance or Theater Dancers - who has a higher work ability? Hannah Sophia Hofmann, MSc	A specialized multimodal approach to myofascial pain syndrome among musicians: the experience of a national performing arts medicine center – Ana Zão, MD					
17.45 – 18.00	Studios to Stadiums: Translating Your Expertise to Collegiate Dance Teams – Darcy Lei, DO; Daniel Scheid, DPT						
18.00	Adjourn						
18.00	PAMA Welcome Reception – Attendees and Their Guests						

Evening on your own to enjoy DC's attractions

Friday July 11th (Note: Both Plenary Sessions will be recorded and available to attendees for 1 month post symposium)

7.30 – 8.00	REGISTRATION / Atrium
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8.00 – 8.15	Announcements - Serap Bastepe-Gray, MD; Emily Scherb, DPT (PAMA Symposium Co-chairs)					
8.00 – 8.30	Athetes and the Arts Update – Randy Dick					
8.30 – 9.30	GUEST SPEAKER – Joel Snyder, PhD					
9.30 – 9.50	COFFEE/TEA and NETWORKING					
9.50 – 10.50	Plenary 1 - MUSIC	Plenary 2 – GENERAL/ VOCAL	WORKSHOP - MUSIC	WORKSHOP - DANCE	WORKSHOP - GENERAL	POSTER PARADE
9.50 – 10.05	Instrumental and vocal music teachers' health knowledge and health promotion strategies: consonance and dissonance – Suzanne Wijsman, DMA (Bronwen Ackermann, PhD)	Heroes and Martyrs: Deconstructing the archetypes that entrap and undermine generous, vulnerable and courageous performers – Mark Seton, PhD	Well-Sit to Perform: Improving Posture in the Studio and Practice Rooms – Carina Joly, DMA	Understanding the abdominal canister and the role of breath work – Erika Leeds, DPT	Soaring Safely: Concussion Recovery for Circus and Flying Trapeze Artists – Elizabeth Corwin, DPT; Emily Scherb, DPT	SESSION 2 Listen to 3 minute talks from our poster authors
10.05 – 10.20	Reclaiming the Stage: Treating Musicians Focal Dystonia With a Movement Based Approach – Sophie Till, MM; Nora Krohn, MM	Behind the mask - Understanding heat and injury challenges in high school and mascot populations – Randy Dick, MS				
10.20 – 10.35	Music Performance Anxiety in Young Students: Educator-Led Programs for Effective Coping Strategy Teaching – Shih-Fan Liu, DMA	A Systematic Review of Hypermobility Spectrum Disorders (HSD) and hypermobile Ehlers Danlos Syndrome. Effects on Laryngeal Functioning, Voice and Swallowing – Caitriona Munier, MSc				
10.35 – 10.50	The Biomechanics of Drumming Grip Technique – Justin Stehr, OTR/L	A 7-Week Multicomponent Physical Exercise Intervention on Musicians Reduces Body Regions Affected by Playing-Related Musculoskeletal Disorders – Robin Mailly, MSc				
11.00 – 12.00	Plenary 1 - DANCE	Plenary 2 - MUSIC	WORKSHOP - GENERAL	WORKSHOP - MUSIC	WORKSHOP - VOCAL	POSTERS
11.00 – 11.15	A Narrative Review of the Health Challenges Facing Retired Professional Dancers – Cassy Turner, DPT	Characterizing the biomechanics of pianists' movements during sight-reading and rehearsed	Let's Get to the Core of It: Assessing Core Strength for Performing Artists – Leigh Roberts, PT	Pain-Free Performance: A Collaborative Workshop for Musicians and Clinicians on Upper Extremity Health – Aviva Wolff, OT	Power-Source-Filter: Teaching Hands-on Techniques for the Vocal Performer – Aliza Rudavsky, DPT; Christine Schneider, LMT	SESSION 2 Please visit our poster room

		performance using motion capture – Aljoša Jurinić, DMA				
11.15 – 11.30	Act IV: the Postpartum Dancer – Jessalynn Adam, MD	Maurice Ravel's Piano Concerto for the left hand – a possible trigger for damage of the TFCC in the left-hand wrist of piano players – Jochen Blum, MD, PhD				
11.30 – 11.45	Treating pelvic pain and urinary urgency with trauma informed pelvic physical therapy – Rebecca Kesting, DPT	Correlation Between Finger Length and Left Shoulder Overall Ergonomic Change in Violin Players – Chang-Hyung Lee, MD; Jung Keun Hyun, MD				
11.45 – 12.00	The Injured Man: A Pilot Study on The Emotional and Behavioural Response of Male Dancers after Sustaining Injuries – Filomar Cortezano Tariao, MD	Material Property Effects on Musician Earplug Performance: A Finite Element Analysis – Elayne Jia				
12.00 – 13.00	Lunch on your own. Committee meetings TBA					
13.00 – 14.00	GUEST SPEAKER – Kris Chesky, PhD					
14.10 – 15.10	Plenary 1 - MUSIC	Plenary 2 - GENERAL	WORKSHOP - GENERAL	WORKSHOP - DANCE	WORKSHOP - DANCE	POSTERS
14.10 – 14.25	Occupational Health of Saxophone Players: A Biopsychosocial Comparison Between English and Chinese-Speaking Male Saxophonists – Cehuai Zhang, DMA; Nabeel Zuhdi, PhD; Kris Chesky, PhD	Investigating the wellbeing of stakeholders in the a Collegiate-Level Performing Arts Program – Meghan Taylor, PhD	The Art of Change-Putting Mental Imagery into Practice – Ruth Kasckow, MFA	Quick Dancer Cool-Down Routine – Jennifer Janowski, DPT; Kelli Barton Schneider, DPT; Melody Hrubes, MD	From Stage to Recovery: Assessing Injury Patterns and Rehabilitation Needs of Broadway Performers – Niña Carmela Tamayo, DO; Madison Witt, DPT; Samantha Meyers, DPT; Ricardo Fuentes, MD	SESSION 2 Please visit our poster room
14.25 – 14.40	Implementation Determinants of Injury Prevention Programs in Music Education: Insights from Phase 1 of the Musculoskeletal Health for Musicians (MHM) Project – Aviva Wolff, OT	A Road Map for Implementing a Post-Concussion Return-to-Performance Program for University Performing Artists – Kristen Schuyten, DPT				

14.40 – 14.55	The Future of Health Education for Musicians: A Framework Proposal Based on Quality Assurance and International Standards – Miki Akaike, PhD	Bulletproofing the performer's brain and body - re-examining cross-training to integrate physical therapy with mental skills training - – Lauren Ostrander McArdle, MSc				
14.55 – 15.10	Research "Inside-out": A Critical Review of Music Students' Health and How Institutional Ethnography can Help – Jeffrey Sabo, MA; Christine Guptill, PhD	The Impact of Exercise Program on Performance Anxiety and Musculoskeletal Pain Designed for Young Musicians on Music Performance Anxiety – Anna Cygańska, PhD				
15.10 – 15.30	COFFEE/TEA and NETWORKING					
15.30 – 16.30	PREP for PERFORMANCE	GUEST SPEAKER – I've Learned a Thing or Two: Lessons from a Retired Transgender Athlete - Bobbi Lancaster				
16.40 – 17.40	PREP for PERFORMANCE	Panel Presentation: Menopause and The Performing Artist - Performing Through Change, Emerging From A Renaissance – Finola Ryan, BMBS; June Sheren, MBBS; Brooke Winder, PT, DPT, OCS; Kathy Price, PhD	WORKSHOP – RESEARCH COMMITTEE			
17.40	Adjourn					
18.00 – 19.00	Participants Performance – Plenary 1 Theatre					
19.00	Young Professionals Reception					

Saturday July 12th (Note: Both Plenary Sessions will be recorded and available to attendees for 1 month post symposium)

7.30 – 7.50	REGISTRATION / Atrium					
7.50 – 8.00	Announcements - Serap Bastepe-Gray, MD; Emily Scherb, DPT (PAMA Symposium Co-chairs)					
8.00 – 9.00	Panel Presentation: Movement Beyond Limits: Adaptive Dance in Rehabilitation and Performing Arts Medicine –	Panel Presentation: Pathways to improving healthcare practices and wellness in the circus arts – Stephanie Greenspan, DPT; Shenea				

	Niña Carmela Tamayo, DO; Jennifer Yang, MD; Ricardo Fuentes, MD	Stiletto; Janine Stubbe, PhD; Melanie Stuckey, PhD				
9.10 – 10.40	Plenary 1 – CIRCUS/ GENERAL	Plenary 2 - MUSIC	WORKSHOP - GENERAL		WORKSHOP - NUTRITION	POSTER PARADE
9.10 – 9.25	Collaborative Fusion between Theater Production and Engineering through Experiential Learning with Cirque du Soleil in Las Vegas – Jacqueline Henderson, PhD	Practical Insights into the Bergen Philharmonic Orchestra's Injury Prevention Program – Irem Eliassen, MSc	Ease the Pain (in Studying Pain) – Exploring Survey and U.S Healthcare Data Analysis Options – Randy Dick, MS; Ana Zão, MD, PhD		From Ballet to Broadway: Integrating Sports Nutrition for the Artistic Athlete - Heidi Skolnik, MS, CDN, FACSM; Katy Vedder, BA	SESSION 3 Listen to 3 minute talks from our poster authors
9.25 – 9.40	The prevalence and magnitude of injuries within pole fitness – a cross- sectional online survey – Jane Cole, MSc	Ecological Dynamics in the Music Classroom and Teaching Studio: Exploring a New Paradigm for Injury Prevention – Lisa Burrell, DMA				
9.40 – 9.55	Concussion-related assessment data for film, television, and live event stunt performers – Jeff Russell, PhD	Getting it right: The influence of handedness on Musician's Dystonia – Johanna Doll-Lee, MD				
9.55 – 10.10	Lifestyle Hacks for Optimizing a Performer's Health – Kelli Barton Schneider, DPT; Jennifer Janowski, DPT; Melody Hrubes, MD	Anthropometry and An Ergonomically Modified Keyboard: Influences on Pianists' Upper Body Kinematics and Muscle Activities with Implications for Injury Prevention – Craig Turner, MSc				
10.10 – 10.25	Magic for Clinical Skills – Jose Fernando Florez Arango, MD	Striking a Chord: How Physiotherapists and Musicians Team Up to Beat Performance Injuries. Study of different practices, perceptions and representations in the context of the treatment of playing- related musculoskeletal disorders – Laure Guyot de St Michel, PT				

10.25 – 10.40	Don't go chasing waterfalls: multiple factor prediction of injuries in a circus context – Melanie Stuckey, PhD	Creative Practice: Compelling Performance – Amy Likar, DMA				
10.40 – 11.00	COFFEE/TEA Mixer					
11.00 – 12.00	KEYNOTE SPEAKER – Brett Wyborne, Cirque du Soleil					
12.00 – 13.05	Lunch on your own. Committee meetings TBA					
13.05 – 14.05	Plenary 1 – VOICE	Plenary 2 - DANCE	WORKSHOP - GENERAL	WORKSHOP - MUSIC	WORKSHOP - GENERAL	POSTERS
13.05 – 13.20	Health and Wellbeing of Touring Student Singers: Lessons Learned and Ways Forward – Jonah Schmitz, MSc	Accessibility of On-Site Physical Therapy in Collegiate Dance Programs – Kavita Sarathy, SPT; Juan De La Rosa, SPT	College Care: Building a Support Network for Student Health Clinicians in Performing Arts – Sajid Surve, DO	Finding Harmony: Integrating Performance Psychology Into Daily Practice for Overuse Injury Reduction and Recovery – Martha Baldwin, MMus; Lauren McArdle	Building the Performing Arts Athlete: How to Periodize and Create Strength and Conditioning Plans for Live Entertainment – Bonnie Kerlin, MS	SESSION 3 Please visit our poster room
13.20 – 13.35	Asthma in Professional Singers: Critical Importance of Baseline Lung Assessments – Carla Keirns, MD	Plié or a Lie?: Lumbar Radiculopathy Disguised as Knee Pain: A Case Study – Gabrielle Avancena, MD; Andres Gronda, MD				
13.35 – 13.50	Musculoskeletal problems of professional choral singers using digital or paper scores – Anke Steinmetz, MD	The Inter-Rater Reliability of the Airplane Test and the Y Balance Screen of the Star Excursion Balance Test in Dancers – Margaret Wiss, DPT; Angelica Pastrana, PT, DPT				
13.50 – 14.05	Physiology Principles in Singing Voice Rehabilitation – Claire Ligon, MEd	Looking Back to Move Forward: Evaluating Performers' Fitness and Chronic Load in the Screening Process – Marissa Schaeffer PT, DPT, CSCS, OCS; Ami Kirolos, DPT				
14.05 – 14.30	COFFEE/TEA and NETWORKING					
14.30 – 15.30	GUEST ARTIST SPEAKER – Denyce Graves					
15.40 – 16.40	Panel Presentation: The Organization of Post-Secondary Music Students' Work and Health – Christine Guptill, PhD; Mona Oikarinen, MSc;	Panel Presentation: From Science to Stage: Enhancing Concussion Safety for Performing Artists – Lauren McIntyre, AT/ATC; Sheyi Ojofeitimi. DPT. PT; Jeff				

	Jeffrey Sabo, MA; Kyle Zavitz, PhD	Russell, AT/ATC, PhD; Elizabeth Barchi, MD				
16.45 – 17.45	PAMA Annual General Meeting					
17.45	Adjourn					

Sunday July 13th *(Note: Both Plenary Sessions will be recorded and available to attendees for 1 month post symposium)*

9.00 – 9.05	Announcements - Serap Bastepe-Gray, MD; Emily Scherb, DPT (PAMA Symposium Co-chairs)
9.05 – 10.05	Panel Presentation: HCP Training for Performing Artists' Clinical Care – Bronwen Ackermann, PhD, Moderator; Hara Trouli, MD; Andrea Lasner, DPT; Sajid Surve, DO; Rose Schmiege, DHSc
10:05 – 10:30	COFFEE/TEA and NETWORKING
10:30 – 10:45	Clinical Competencies in the Assessment and Treatment of Musicians: A Scoping Review – Shelly-Anne Li, PhD
10:45 – 11.00	Singing Zebras: Preliminary Data on the Prevalence of Hypermobility Among Singers – Mairin Srygley, MS
11.00 – 11:15	Perceptions of Strength Training in Performing Artists – Barry Parker, PhD
11:15 – 11:30	Beyond the Stage – Building Rehabilitative Support for Performing Artists in a Conservatory through Athletic Insights and Multidisciplinary Care – Sofie Besser, DPT; Andrea Lasner, DPT; David Mueller, DPT
11:30 – 12.00	Closing Statements; PAMA 2026 – Announcements AWARDS - Poster Awards; Presidential Achievement Award; Life Achievement Award
12.00	Symposium Adjourn

POSTER PARADE – Thursday July 10th

SESSION 1

- Striving for Excellence in Performing Arts Medicine: Introducing the Global Movement Systems Approach – Mark Erickson, PT
- SING Away Impostor Syndrome: Discover How an Acceptance and Commitment Therapy Intervention Transformed Singers from Fearful and Fraudulent to Focused and Fun in Four Weeks – Sally Galloway, MEd
- Cyr Wheel - Spinning and Dizziness – Nathan Hollister, MD; Scott McDonald
- A Motor Learning Perspective on Preventing Dance Injuries – Donna Krasnow, PhD; Virginia Wilmerding, PhD
- A Holistic Guide to Understanding and Supporting Hypermobile Musicians for Tertiary and Studio Teachers – Simone Maurer, PhD
- What do we need to know for injury prevention? The Role of Pre-Diagnostic Data in Injury Epidemiology in Pre-professional Dancers – João Moita, PhD
- Unleashing Healthy Artistic Expression By Optimizing the Biomechanics of the Rib Cage – Vanessa Mulvey, MM
- Views on Alexander Technique (AT) among Higher Education (HE) music students: Understanding, Benefits, and Challenges - Federico Pendenza, PhD
- Yoga for the Bodymind: Promoting Positive Bias in Performing Artists – Elizabeth Shea, MS
- Relationship between pain, postural parameters, performance anxiety level and practicing time in music students – Yeliz Gülce Tanımlı, PT
- Occupational demands, perceived stress, coping, and wellbeing of classical musicians: A Structural Equation Modelling approach – Simone Willis, PhD
- The way we play: vulnerabilities in the orchestral sector - Heather Kurzbauer, PhD
- Life satisfaction of musicians with focal dystonia, André Lee, MD
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POSTER PARADE – Friday July 11th**SESSION 2**

1. Assessing Hamstring Length and Hypermobility in Public High School Dance Teams – Carisa Armstrong, MFA; Christine Bergeron, MFA
2. Characterizing left hand finger force application patterns in guitarists – Serap Bastepe-Gray, MD; Nikolai Klotchkov, MM; Nabeel Zuhdi, PhD
3. Neuropathic Pain and Performing Arts: Setting the Stage for Rehabilitation and Recovery – Michael Costello, PT; Andrew Kunin, PT
4. Body Awareness and Achieving Mindful Movement: Applications for Performing Artist Physical and Mental Health, Optimal Movement, and Authentic Expression – Mark Erickson, PT
5. The Marriage of Dance Science and Dance Technique: Teacher and Student Perspectives to Enhance Learning for Educators and Treating Clinicians – Kelly Hirina, MFA; Gayanne Grossman, PT
6. Meta-analysis of Pain Characteristics in String Instrument Musicians: An Instrument-Specific Perspective – Jung Keun Hyun, MD; Chang-Hyung Lee, MD
7. Lift, Play, Repeat – Sarah Morris, DMA
8. Bulletproofing the performer's brain and body - re-examining cross-training to integrate physical therapy with mental skills training – Lauren Ostrander McArdle, MSc
9. Understanding Vocal Health Awareness in Undergraduate Vocal Performers: A Pilot Survey – Sarah Quintana, MA
10. Unlocking Healing Potential: Trauma-Informed Strategies for Fascia and Nervous System Regulation – Satya Sardonicus, DC
11. Music, Technology, and Health: The Origin, Development and Future of Interdisciplinary Talent Cultivation at a Taiwanese University – Yu-Huei Su, EdD
12. Exploring the lived experience of performance-related health and wellbeing among flautists – Jiayi Wang, MA
13. Tuning Into Tasks: A Musician's Guide to Task Analysis for Healthy Playing – Marial Williams, OTR/L; Jeffrey Sabo, MA
14. PNF Techniques to Improve Flexibility in Healthy Dancers – Luís Xarez, PhD; Margarida Mota Freitas, MD; João Paulo Moita, PhD

POSTER PARADE – Saturday July 12th**SESSION 3s**

1. Principles and Application of Posture and Ergonomics to Reduce Injury in Musicians – Sarah Jane Carlton, DPT; Susanne Callan-Harris PT, MS; Jack Earnhart
2. Performance-related pain among Portuguese young musicians during an intensive orchestra internship – Maria Luís França
3. Comparison of hand functions, playing-related pain, and muscle strength according to gender in violin players – Ebru Kaya Mutlu, PT
4. Fascia Illuminated Through Dance – May Kesler, PT
5. The Use of ChatGPT to Diagnose Performance-Related Disorders – Joseph Lawton, BA
6. Body parts with musculoskeletal disorders correlated with upper extremity disability in string instrument players – Selnur Narin Aral, PhD
7. The Importance of Mentally Preparing for Performances and Proven Mental Skills That Can Enhance Performance When Added to a Pre-Performance Routine – Angelica Potter, MA
8. Musicians' Focal Dystonia: Care Pathway Development and Implementation – Finola Ryan, MBBS
9. Identifying and Mitigating Biopsychosocial Risk Factors in Instrumental Practice – Karolina Sawicka, MA
10. Prophylactic exercise for musculoskeletal pain in musicians. Pilot study – Iulia-Magdalena Toma, MD
11. Physiological Conditioning and Biomechanics Optimization for Music Performers – Zulfia O. Tursunova, MMus
12. Towards Better Health for Filipino Artists: Establishing the Performing Arts Medicine Advocates National Association of the Philippines (PAMANA PH) – Jennifer Marie Yang, MD
13. Creation of a Library Research Guide to Increase PAM Knowledge Translation – Richard Zhang
14. Flow State in Music Performing: Perspectives from Teaching Artists – Jenny Park, EdD